



CVS Caremark is the new pharmacy benefit manager. Prescriptions can be filled at Walgreens, Rite-Aid, CVS, Target and other retail pharmacies.

Getting the *Most* from Your Benefits

In July, Statewide Benefits sent important information regarding health plans to participating plan members. The letter highlighted information to assist you with [choosing the right care](#), but did you know that your benefits also offer discounts? To access these additional benefits, log into State of Delaware [Employee Self-Service](#) (Employee Self Service > Benefits > Benefit Websites > and select your health carrier).

Highmark Delaware

Once you are logged into your Highmark page, scroll to the Wellness Information section and click Member Discounts. On the next page, click Blue365 Discounts and you will find more information on discounts for:

- Gym memberships
- Activity trackers
- Running shoes and athletic apparel
- And much more

Aetna

Once you are logged into your Aetna page, select the Health and Wellness tab. On the next page, click Browse Discounts in the Get Discounts on Health Products and Services (tile). Discounts include:

- Gym memberships
- Tickets & travel deals
- Activity trackers
- And much more

You can also stay informed on the latest information about your health plan and access other resources through the apps for [Highmark Delaware](#) or [Aetna](#). Consider downloading the app today!

There are additional discounts through some of the other state benefit programs:

- [Delta Dental](#) offers discounts on LASIK eye surgery and hearing aids.
- EyeMed offers discounts on [vision products](#) and [hearing aids](#).
- ComPsych offers discounts on travel, movie and event tickets, shopping, and more. To access these discounts, register or log onto [ComPsych® GuidanceResources®](#). After you login, go to the More... menu at the top and click Discounts. Then, select Working Advantage and register to access the discounts.

Immunization Awareness Month

August is National Immunization Awareness Month. It is important for people of all ages to be vaccinated against serious, sometimes deadly, diseases. You can learn more about National Immunization Awareness Month on the [Centers for Disease Control and Prevention's](#) website. Members of a State of Delaware non-Medicare health plan can also check out immunizations and other preventive services covered at 100% on the [Preventive Care](#) page.



Employee Spotlight

"I spent a good part of 2020 experiencing various and unexplainable symptoms, which led to seeing different specialists and getting tests done trying to figure out what was wrong. One provider suggested that I might need [surgery], so I called [SurgeryPlus](#). The Care Advocate explained that the benefit would cover a consultation even if the result was that I didn't need surgery...[they] helped schedule the appointment and coordinated all my medical records and test results ahead of the procedure. I received a debit card in the mail for gas. The procedure went well, and I finally got a diagnosis! The SurgeryPlus benefit also covered my follow-up appointment to discuss the diagnosis and treatment plan. Several months later, I received the financial incentive. I highly recommend this benefit to anyone who is told they might need surgery."

[Click here to read the full article.](#)

~Kelly C., Dept. of Human Resources

Investing in You

Imagine you need to buy a new car. There are several different brands and models. How can you choose which one is right for you? You might compare price, features, and reviews of various models to make sure you get the car that will best fit your driving needs and budget. Completing this kind of research before buying a car means you are an engaged consumer. The State of Delaware offers several benefits to assist with managing your health and wellness. As engaged health and wellness consumers, we can seek the best medical care with the lowest out-of-pocket costs. For example, let's say you are an Aetna HMO member, and your doctor says you need an MRI on your knee. Your doctor's office advises they can schedule an outpatient MRI at a local hospital, but you know that having the MRI completed at a hospital will cost you and the State of Delaware more money. So, you review the lists of in-network non-hospital affiliated freestanding facilities on the SBO website and decide to go to a location near you.

We would like to encourage you to **Know Before you Go**. The [Health Plan Comparison Chart](#) provides a quick overview of the cost of common services. For more information on where to receive your healthcare services, while considering cost, quality and patient safety, check out the [choosing the right care](#) page on SBO's website.



Upcoming Webinars and Classes

New and existing employees/supervisors who want to learn more about the Employee Assistance Program (EAP) and services available through [ComPsych® GuidanceResources®](#) should plan to join the upcoming webinars in September. There is also a webinar on achieving success in work and life. Click on the links below to **register**:

- Supervisor Orientation - [September 14, 2021 @ 10:00am](#)
- Employee Orientation - [September 15, 2021 @ 10:00am](#)
- Developing Grit - Strategies for Success in Work and Life - [September 21, 2021 @ 1:00 pm](#)

In addition, ComPsych® GuidanceResources®, offers numerous On-Demand trainings to assist with things like planning for retirement to stress management. Simply register for a ComPsych account to learn more about this and many more programs they offer.

Hidden Treasures: Review the information about Toothpic on the Delta Dental page of SBO's website and email what this service is to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Andrea Y. from the Delmar School District!

Exercise and Age

Did you know that moving your body for 30 minutes a day is enough to make healthy changes? Your goal might be to:

- Manage a health condition
- Reduce stress
- Improve your stamina
- Be able to buy clothes in a smaller size

Exercise programs may also be a way for you to socialize. Taking exercise classes or exercising with a friend are both good ways to be social. You may have a hard time starting an exercise routine, but once you start you will begin to notice the benefits, including improved sleep and self-esteem. Schedule time on your calendar to exercise every day.

Exercise and physical activity can also:

- Improve or maintain your strength and fitness
- Make it easier to do the things you want to do
- Help your balance
- Improve your anxiety and mood
- Maintain your thinking skills (cognitive function) as you get older
- Prevent or treat conditions such as diabetes, heart disease, high blood pressure, breast and colon cancer, and osteoporosis.

For more information and resources, check with your primary care provider and your health plan (Highmark Delaware or Aetna).

Article adapted from Highmark Delaware

